



Welcome to 2 West/BMT (Bone Marrow Transplant)

Welcome to patient care unit 2 West/BMT, a 16-bed (10-room) patient care unit in the Clinical Center at the National Institutes of Health (NIH). Patients on 2 West/BMT take part in clinical research studies of the National Heart, Lung, and Blood Institute.

Knowing that this is a stressful time for you and for those who care about you, the 2 West/BMT nursing staff has compiled this information about your hospital stay. It will answer many questions you may have about being a patient here, but it may not answer them all. Please do not hesitate to ask questions at any time.

Part 1: General unit information

Nursing care

Primary nursing is practiced on 2 West/BMT. This means that a primary nurse will work with you and your doctors to plan and provide your care. A collaborating team of nurses will also be assigned to you. The goal of primary nursing is to provide quality nursing care to you and your family.

Whenever you have comments about your care, feel free to speak to your primary nurse.

Your primary nurse is

Visiting hours

Visiting hours are daily from 9 a.m. to 9 p.m. If you have a roommate, please be considerate by observing the visiting hours and by limiting the number of people in your room. We realize family and friends are important; however, there is a need to balance the space in the room and the care needs of all patients. If you prefer, you may see your visitors in the family room on the 2 West side of the unit. Before you go there, please inform your nurse.

Visitors

All visitors must wash their hands before and after entering patients' rooms to prevent the spread of germs. If a visitor has cold or flu symptoms such as a cough or runny nose, they should not visit the Clinical Center. We are interested in helping our patients get well, and even the common cold can set a patient back. If you have questions about visitors, please check with the patient's nurse before entering a patient's room.

Visitors: children

When children under 13 visit, your nurse will ask you to fill out a form called a "Health Screening Tool." This form helps ensure that young visitors have had all their vaccinations and that they do not have germs that could be passed to other patients. Please inform your nurse if you have children who are immediate relatives that wish

to visit. Each child will be screened on an individual basis.

Leaving the unit

There may be times when you will be able to leave the unit to join patient activities or just to take a walk outside. Before you leave, please check with your nurse to make sure that you do not miss medications or tests. When you go, tell your nurse that you are leaving. If you plan to leave the Clinical Center for a few hours or overnight, your doctor must write a “pass order.” When you have a pass order, please tell your nurse when you are leaving, when you plan to return, and where you can be reached. There may be times when your nurse or doctor will ask you not to leave 2 West. This is to protect you during a time that when your condition or treatment requires a nurse to be close by.

Smoking

Smoking is not permitted in any building on the NIH campus, including the Clinical Center. Smoking is banned on all Clinical Center patient care units and throughout the building, including stairwells and parking garages. Smoking is also prohibited within 100 feet of all entrances and hospital smoke-free zones. We expect that you will not smoke while you are here at NIH. If this is a concern for you, please speak with your nurse or doctor.

Flowers/plants

Flowers and plants are not permitted in patient rooms. If you receive flowers they will be placed at the nurses’ station in the hall. As alternatives, we encourage balloons, pictures, or artificial flowers.

Part 2: Unit routines

Vital signs

When you are admitted, your nurse will check your temperature, pulse, respiratory rate, and blood pressure. He or she will also place a light monitor on your finger to check the amount of oxygen in your blood. These “vital signs” will be taken periodically to track your progress. The usual times for checking vital signs are 8 a.m., 4 p.m., and midnight. Vital signs may be taken more often or on a different schedule depending on your treatment or condition (for example, every 4 hours when you are neutropenic). Your height and weight will also be measured when you are admitted. You will be weighed each morning at about 6 a.m. (after your blood is drawn).

Medications

While you are a patient on 2 West/BMT, do not take medications, herbs, or vitamins that you brought from home. They may interfere with your treatment. This includes over-the-counter medications or prescriptions you received in the past. Tell your nurse about any medications, herbs, or vitamins that you take at home. If you brought medications

with you, we encourage a family member to take them home, or you must give them to your nurse to be stored. Medications given to your nurse will be returned to you before you leave the hospital, along with new medications your NIH doctor has prescribed. Please do not leave the hospital until you get your medications.

Tests

As part of your protocol, you will need x-rays and tests. Your doctor and nurse will tell you the reason for each test and what happens before, during, and after it. Some tests require a consent form, which your doctor will ask you to sign before the test is done. Please ask questions if you do not understand what has been explained. Your nurse may also give you written information about these tests. Your blood will be drawn every morning, and you can get a copy of the blood work results by asking your nurse.

Intake and output

It may be important during your treatment to monitor how much you eat and drink (intake) and how much you use the bathroom (output). Your nurse may ask you to write down the amounts. Your nurse will tell you when to start and stop keeping intake and output measurements.

Rounds

Doctors, nurses, and other health professionals visit patients and discuss their health status and health care plans every morning. During rounds, the doctors may wish to examine you and talk to you about your progress. This is a good time to ask questions or share concerns.

It is helpful to write your questions down before the doctors visit you, a sheet is provided on the last page of this packet.

Telephones

You and your roommate will each have a bedside telephone, each with a separate number. Bed A is located by the door; bed B is located by the window. Patient rooms on 2 West/BMT have the following telephone numbers:

<i>2 W/BMT room numbers</i>	<i>telephone numbers</i>
239 A	301-402-3915
239 B	301-402-3916
241 A	301-402-3918
241 B	301-402-3917
243 A	301-402-3919
243 B	301-402-3920
245 A	301-402-3922
245 B	301-402-3921
247 A	301-402-3923
247 B	301-402-3924
249 A	301-402-0919
249 B	301-402-0918
BMT 1	301-402-0920
BMT 2	301-402-0935
BMT 3	301-402-0937
BMT 4	301-402-0962

The phone numbers for the nurses' station are:

2 West: 301-496-5842

2 West BMT: 301-402-1011

Local calls

You may make free local calls from your bedside telephone. To make a local call, press "9" and the number, including the area code. Please do not use the black telephones located in the hallway; they are for staff use only.

Credit card or collect calls

To call collect or bill telephone charges to your credit card or home telephone number, press "0." You may not charge calls to your bedside telephone number.

Long-distance calls

2 West has a telephone for making free long-distance calls within the United States, 24 hours a day. This telephone is located in the 2 West family room. To place a call, press 9-1-area code-number. Only patients and their family members may use these telephones, and calls should be limited to 10 minutes. Please be considerate of others waiting to use these telephones.

Meals and snacks

The Nutrition Department makes your meals and serves them at your bedside while you are in the hospital. Meals are served on the unit at approximately 8am, 12:30 pm, and 5pm.

Please note that the kitchen closes at 6:15 pm.

Meal times	
Breakfast	8 to 8:30 a.m.
Lunch	12:30 to 1 p.m.
Dinner	5: to 5:30 p.m.
<i>Please note: After the kitchen closes at 6:15 p.m. there can be no menu changes or food deliveries.</i>	

Personal refreshments

If you bring food from home or want to save food from your tray, please label it with your name and date and place it in the refrigerator in the 2 West family room. Unlabeled food will be discarded.

Filling out your menu

Each day, a menu will be given to you with your breakfast tray. Use a pencil to mark your choices. Nutrition Department staff will pick up your menu when food trays are collected.

Changing your menu choices

If you need to make changes in your diet or menu choices after your meal tray comes, please tell your nurse. He or she can help you add or change items. If you have questions about the menu or your diet, your nurse can ask the dietitian to speak with you.

Patient refreshment area

A patient refreshment area is located in the hallway in 2 West and 2 West/BMT. It includes a refrigerator where drinks are stored that are provided by the Nutrition Department. *Please do not store personal food in these refrigerators.*

The refreshment area also includes a microwave, ice machine, instant coffee, tea bags, hot chocolate, and condiments such as sweeteners, salt, and pepper. There are also packages of cereal, crackers, and instant soups. Water is located in a cooler between 2 West and 2 West/BMT. Please do not drink the tap water; drink only water from the water cooler. Your nurse will give you a water pitcher and cups.

Mail

Mail is delivered to 2 West/BMT Monday through Friday during daytime hours. Family and friends should be sure to write your name and “2 West/BMT Patient Mail” on the envelope. If you want to mail letters yourself, go to the self-service Post Office on the B1 level of the Clinical Center. Mail received on 2 West after you go home will be forwarded to your home address.

Your address at the Clinical Center

Your Name
2 West/BMT Patient Mail
National Institutes of Health
Clinical Center, Building 10
10 Center Drive, MSC 1528
Bethesda, MD 20892-1528

Please note: Mail sent to you at NIH from your home will be slower than you expect.

Computer access

The 2 West family room has a computer for patients and their families. The computer offers access to the Internet. Instructions for computer use are posted next to the computer. Please limit your use when other patients and families are waiting. If you need more information about the computer, just ask at the nurses' station. Please do not use the computer in the 2 West/BMT hallway; this computer is for staff use only.

Valuables

Do not keep large amounts of money, jewelry, or other important items in your room. Give valuables to your family, or have them locked in the Cashier's Office on the first floor of the Clinical Center. If you go to surgery, the nursing staff can lock up jewelry, watches, or small amounts of money until you return. You may also give these items to your family before surgery. Unfortunately, we cannot secure electronic devices such as computers, or CD or tape players.

Discharge from the Clinical Center

Before you leave 2 West/BMT to go home, your doctor and research nurse will authorize any travel orders, schedule return appointments, and order medications to be taken at home. Your nurse will tell you about the purpose and side effects of these medications. Your nurse will also talk with you about any symptoms you should report to your doctor. He or she will give you a discharge packet including written instructions about your medications and care at home.

Part 3: Other Clinical Center Services

Recreation therapy

Recreation therapy helps patients improve their functioning and independence as well as reducing the side effects of illness and treatment. For example, recreation therapy can help you cope with your illness through relaxation and guided imagery. A trained recreation therapist is assigned to 2 West/BMT. Recreation therapists can also help you with the following: limited mobility, fatigue or lowered endurance, pain, isolation, changes in mood, fear, anger, anxiety, loss of interest in activity, boredom, confusion, and limited ability to concentrate. Do not hesitate to ask your doctor or nurse to request a visit from the recreation therapist. The recreation therapy section on the 14th floor also offers these services:

- relaxation classes
- arts and crafts
- Tai Chi
- games—table and board
- library
- playroom for patients and visitors 12 years old and younger
- community outings
- bingo
- other classes such as yoga, “Look Good, Feel Better;” and Healthy Cooking.

All these activities are available to you, but you need your doctor’s or nurse’s permission to leave the unit and take part in them. Please refer to the Recreation Therapy Calendar of Events (posted in your room) for a schedule of activities.

Information about patient activities

The bulletin board in the 2 West family room has information about shuttle schedules, recreation therapy activities, hospital events, and special programs such as “Look Good, Feel Better.” Please feel free to read the posted announcements. You may also want to go to the two cabinets in the family room for board games, cards, and puzzles.

TV

In addition to the major network channels, your bedside television gets the hospital video theater on Channel 10. The program listing is posted on the bulletin board in your room. VCRs and video games are also available through the Recreation Therapy Section.

Social work services

The first time you are seen in the clinic, a social worker will be assigned to you. This staff member can give you information about local housing for your family and help arrange for special equipment and supplies you may need after discharge. The social worker knows public and private agencies that may be able to help you with personal, financial, and health care needs. Let your nurse know if you wish to talk with your social worker.

Spiritual ministry

Clinical Center clergy routinely visit patients and their families. Feel free to request their services through your nurse. The Clinical Center has two chapels that can be used by patients and families. The chapel on the 8th floor (room 8C436) is always open. The chapel on the 14th floor holds regular services on the following schedule:

- Catholic—daily at 11:15 a.m.
- Islamic—Monday through Friday at 1:30 p.m.
- Jewish—Friday at 4:30 p.m.
- Protestant—Sunday at 10 a.m.

Pain and Palliative Care team

The NIH pain and palliative care team consists of doctors and nurses who are experts in pain and symptom management. They may visit you and ask questions regarding your pain and other issues such as nausea, constipation, emotions, and activities. They may make recommendations to you and your doctor regarding medications and activities, such as massage, music therapy, art therapy, acupuncture, rehabilitation, and recreation therapy.

Cafeterias

The Clinical Center has two cafeterias, one on the B1 level and another on the 2nd floor. The hours are different for each and are posted outside each cafeteria. Vending machines are located outside the 2nd-floor cafeteria.

Other facilities

B1 level

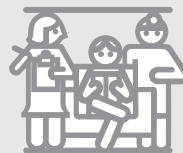
- Gift shop: open Monday through Friday from 8 a.m. to 4:30 p.m.
- Barber and beauty shop
- Bank
- Laundry (Laundry soap and tokens to operate the washer and dryer are available at the nurses' station.)

First floor

- Flower shop
- Coffee shop

As a patient, you are welcome to use any of these facilities, but it is important to tell your nurse before you leave the unit. The 2 West nursing staff will try to make your hospital stay as comfortable as possible. If you have questions or suggestions during your stay with us, please do not hesitate to voice them.

Questions to ask your doctor or nurse



2002

This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

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Questions about the Clinical Center?
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